

## ABSTRACT OF THE DISCLOSURE

There is provided an image forming apparatus which is capable of operating in a stable condition and in an efficient manner by omitting automatic adjustment in the case where there is no necessity of carrying out the automatic adjustment when the image forming apparatus returns from a power-saving mode to a normal mode. A CPU shifts the operation mode of the image forming apparatus to a power-saving mode in which power consumption is saved. The CPU detects at least one of a status of the image forming apparatus before the operation mode is shifted to the power-saving mode and a status of the image forming apparatus in the power-saving mode. The CPU determines the contents of a return process executed when the operation mode returns to a normal mode from the power-saving mode, according to the detected status of the image forming apparatus.